



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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TRIP TO OLD MYSTIC VILLAGE AND THE LIGHTHOUSE INN Tuesday, June 10th

The Inn is a renowned American classic which features fine service and elegant surroundings. The entrée will be Boston Scrod or Chicken Marsala, all served with salad, potato, fresh vegetable and dessert... It should be a very pleasant day costing only \$56.00. Please make your reservations early because if we don't have enough people they will cancel us out. With the current cost of gas and food, the bus companies as well as the restaurants cannot afford to have very small groups... it just doesn't pay the bills! Call Jeanne at 781-455-7555, Come one, come all and bring your friends!

ART HISTORY - FEATURING AMERICAN ART PART I (1776 -1900) Wednesday, June 4 • 10:30 am

Location:

Avery Crossings Assisted Living
110 West Street

A \$4.00 fee is appreciated but not required.

For 230 years, American artists have been like America itself, pioneering, bold, independent and influential. From Gilbert Stuart painting George Washington to Andy Warhol painting Marilyn Monroe, American Art has evolved its own unique personality, innovative, sometimes controversial, but always fun. Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering spirit and independent drive. We would like to thank Avery Crossings for providing space and sponsoring this interesting program. To sign-up call the Needham Senior Center at (781) 455-7555.

FATHER'S DAY BREAKFAST FOR THE MEN

Monday, June 16th • 10:30 am

At the Needham Senior Center

Sign-up is required.

There is no fee for this program

Please join us as we celebrate Father's Day with a complete breakfast especially for you! While enjoying your pancakes, sausages, scrambled eggs, biscuits and home fries, you will be entertained with jokes and sports trivia.

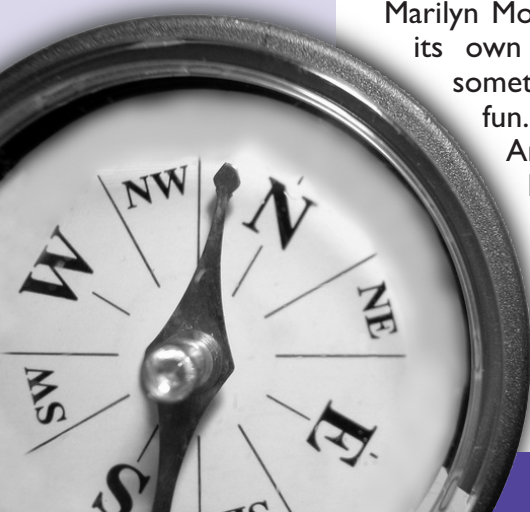
GAIL RICE, BOOK REVIEWER "KABUL BEAUTY SCHOOL" BY DEBORAH RODRIGUEZ

Monday, June 16th • 1:30 pm

At the Needham Senior Center

A \$2.00 fee is appreciated but not required.

Book reviewer Gail Rice will provide an animated book review about the aftermath of 9/11. Author Deborah Rodriguez wanted to make her life useful as well as escape from an unhappy marriage. She then decided to go to Afghanistan and teach women there the fundamentals of hairdressing. Come and hear the unforgettable stories of her students as they fill the pages of this compelling memoir. Rodriguez herself is fascinating as she reveals how she gets married in Afghanistan to a man who already has another wife! Whether you choose to read this book before this talk or not, you are guaranteed to thoroughly enjoy this program. Gail is a former teacher and professionally speaks to groups, reviewing the most interesting books of today!





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The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

A DEPARTMENTAL HIGHLIGHT FROM THE FRIENDS...

TWO GREAT TRIPS THIS SUMMER!

Did you know? Jeanne Blakeney volunteers so much of her time to the Council on Aging that she has her own desk! For everything that you do, Jeanne, thank you!

One of her many "hats" is the Friends' Trip Coordinator, and this summer she has put together two great events for July and August. **On July 22nd**, she will take a tour group to **Essex, Gloucester & Rockport: Dine-Tour-Shop**. The day will begin with lunch at the Village Restaurant in Essex, then a guided tour through Essex, Cape Ann and Gloucester. Finally, on to Rockport for shopping or walking along the waterways. **On August 21st**, a trip to **Scarboro, Maine** is planned with a **lobsterbake** at the **Clambake Restaurant**. Time will also be made available for shopping.

Here is the schedule for the fall and winter events so you can plan ahead: **Sept. 18th – Foxwoods; Oct. 14th – Turkey Train, Lake Winnepesaukee; Nov. 17, 18, 19 – White Mountain Hotel Overnight; Dec. 4th – Bright Nights & Yankee Pedlar Inn.**

For further details, call Jeanne at 781-455-7555.

FRIENDS OF NEEDHAM ELDERLY 2008 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Membership for 2008	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

*Name of Deceased _____

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address _____

Please make checks payable to: FRIENDS of Needham Elderly and mail to:
FONE, 83 Pickering Street, Needham, MA 02492 **Questions? Please send inquiries to f-o-n-e@comcast.net.**

FRIENDS DONATIONS

- Coleman & Gagnon
- Jo Belval
- Richard Bone
- Ruth Burroughs
- Helen Hicks
- Donald and Karin MacPhee
- Margaret McKay
- George and Anne Madaus

MEMORIALS

- Giovanna Merola in memory of Alfred Merola

DEAR FRIENDS,

When you work in the aging service field you can't help but become aware that there are many myths about aging. Did you know that depression is not a normal sign of aging nor is memory loss? The aging process is unique to each individual and the following are some facts that should be remembered:

- Aging is a highly individual experience. People age at different rates.
- Aging is a very natural process. It begins at conception and continues throughout the life cycle.
- Genetics, nutrition, stress, exercise, health care and lifestyle all influence the aging process.
- Most older adults are in good health. Physiological, sensory, emotional and physical changes occur, but the human body and our ability to compensate for these changes often allows older people to function fine in their later years.

In relation to health and cognitive issues, I continue to be amazed when I hear the phrase, "What do you expect, the person is old?" If we gear "aging services" to people 60 and over at what age do we label a person "old?" If we consider a person old do we just accept that the number of years lived determines our expectations for and of them? I know many people in their fifties who are not physically active and have health issues. I also know many people in their seventies who ride bikes, work and are still helping to raise families. The point should be that there are "many faces of aging" that fit faces across multiple decades. Stereotyping is never productive and can help to limit individual potential and capacity no matter how old a person is. The effort must be made to encourage each person to fulfill his/her potential and to function at their ultimate capabilities no matter how old. Each staff member in this department works to achieve this end and encourages each individual to shine.

Happy Summer,

Jamie

COUNCIL ON AGING DONATIONS

- Lois Camberg
- Mildred and John Graf
- Myrna Ross
- America and Fred Campagna
- Giovanna Merola
- Marjorie Wey
- Carmela Patacchiola

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THE NEW MODIFIED MY PYRAMID FOR OLDER ADULTS – STEPS TO A HEALTHIER YOU

**Thursday, June 12th
11:00 am**

At the Needham Senior Center
Please join Registered Dietitian,
Nancy Keith, RD from Springwell
as she talks about the New
Modified Food Pyramid.

WALKING CLUB

Walking Club – If you walk 2-4 miles, a couple days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van.

Please call Sherry at the Needham Senior Center for more details at 781-455-7555.

BOUTIQUE UPDATE

Starting June 1, 2008 we will stop collecting items for the boutique to sell. Spring is a time for cleaning out and re-assessing what our needs and goals should be. Thank you to all who donated items to the Boutique and Bake Sales that brought in \$400.00 for the Friends of the Needham Elderly.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info. call the Needham Senior Center at (781) 455-7555.

MONDAY'S LUNCH BUNCH

June 2

Ken's Steak House, Natick

June 16

Sherbourne Inn

June 23

Blue Ginger, Wellesley

(Chef Ming Tsai as seen on the Food Network)

June 30

California Pizza

Kitchen, Natick

For the cost of the trip, call the Needham Senior Center at 781-455-7555. Sign up is required.

JUNE KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

June 4th • 10:30-12:00 pm

Seabed's Way Community Room (BOH)

June 4th and 18th

9am-12pm

Senior Center

June 25th

10:30 am - 12:00 pm

Linden & Chambers Community Room (BOH)

MAH JONG CLASS

Interested in learning mah jong? It is a strategic game, and once you have learned the rules, the ability to excel is limitless. After four sessions at the Needham Senior Center, 83 Pickering St., you will know if mah jong is for you. The class, taught by an experienced teacher, is four sessions at a cost of \$16 total, payable at the first session. To register, call 781-455-7555.

LUNCH AND LEARN TIMES THREE

At the Needham Senior Center

Sign-up is required. There is no fee for this program

This month we bring to you three new professional lectures about specific health related topics. After the lecture you will be treated to a tasty lunch and will have an opportunity to ask questions on a one to one basis with the presenter. There is no fee for this program. To sign-up call the Senior Center at (781) 455-7555.

DEPRESSION IS NOT A NORMAL PART OF AGING!

Tuesday, June 3rd • 10:30 am

Alan Holmlund is the Suicide Prevention Program Director of the Injury Prevention and Control Program for the Massachusetts Department of Public Health. During this presentation, participants will learn how to recognize the symptoms of depression and how to take action. For instance, you will learn what signs to look for if your grandchild were depressed or suicidal. At this talk you will increase your knowledge around the scope of suicide in MA (and the U.S.). For instance did you know that Massachusetts has the highest rate of suicides among the older adult population? Please sign-up for this important talk. The information you learn today may help a friend or relative now or in the future.

BLADDER HEALTH AWARENESS

Wednesday, June 18th • 11:00 am

Ms. Ginny Starvish, RN, CURN is a certified Urology Nurse Specialist. She has had great success with patients making behavioral and diet changes to control bladder symptoms. Many can reduce their bladder problems by eliminating irritants like coffee, artificial sweetener and even chocolate. Did you know that drinking orange juice and coffee with artificial sweetener can aggravate your bladder for hours? Did you know that tomato-based products and alcohol for dinner can aggravate your bladder for hours? Please join us to learn about better bladder health, including information and tips to share with friends who could not come to this talk. In advance we would like to thank the Newton Health Care Center for sponsoring lunch for this event.

MASSACHUSETTS ASSOCIATION FOR THE BLIND – COMMUNITY SERVICES

Monday, June 23rd • 11:00 am

Ms. Nancy Stephens, Case Manager will provide an informative talk about the Visually Impaired Elders Program of MAB Community Services that is a free non-medical service designed to assist seniors, 60 years of age or older, who are struggling with vision loss and who are not diagnosed as legally blind. Aspects of this program include a functional vision assessment in your home taking into account factors of vision loss and the daily living needs of each individual. Resources or assistance is provided regarding low vision adaptive equipment, to improve your ability to read, cook, write notes and bills, assist with lighting and glare issues. Because this program is grant funded it is available for seniors at no cost! To learn more about these valuable benefits please join us at the Needham Senior Center on June 23rd at 11:00 am.

SENATOR SCOTT BROWN'S AIDE

Tuesday, June 24th • 10:15

Senator Scott Brown or a member from his staff will be available to hear your concerns and answer any questions about State Government you may have.

READING COMES ALIVE

Wednesdays • 1:00 - 2:15 pm

At the Needham Senior Center

There is no fee for this program.

June 4: A Thousand and One Nights (Iraqi Folk Tales)

June 11: Bleak House, Chapter 1 by Dickens

June 25: Mrs. Dalloway, by Virginia Woolf

Sylvia Elvin will read aloud for your enjoyment and amusement. Ms. Elvin is an actor, writer and a lay reader and intercessor at Christ Church in Needham. She reports that a new translator of the Iliad has said "Homer should only be read aloud as that was how the story was first conceived." Sylvia's strong voice and her understanding of the text will provide new perspective on the classic prose and poetry she brings to you.

COMPUTER CLASS, HOW TO USE MICROSOFT WORD

June 4th, 11th, 18th • 10:00 am - 12:00 pm

At the Needham Senior Center

In this hands-on, 3 session class, you will learn how to utilize the capabilities of Microsoft Word. To register for the class call the COA at (781) 455-7555.

DID YOU KNOW? STIMULUS TAX REBATE FOR NON-FILERS

Older adults who normally do not file a tax return because they do not earn enough will have to file this year to receive the Stimulus Rebate authorized by Congress. Older adults who received at least \$3,000.00 and less than \$18,000.00 should file a tax form for 2007. Contact the Center, 781.455.7555, for more information.

STIMULUS REBATE – IT'S NOT TOO LATE FOR YOU TO FILE FOR YOUR REBATE!

Monday, June 9th • 9:15 am

Location: The Community Room at 1 Chamber's Street, Needham Housing

Barbara Falla, Social Worker from the Needham Council on Aging and Senior Center will offer an informative talk about the Stimulus Rebate program. This program is still available for anyone who has not yet applied. For further questions about this talk or for directions call Barbara at (781) 455-7555 ext. 212

VOLUNTEERS SOUGHT

TERCENTENNIAL – NEEDHAM WILL BE CELEBRATING 300 YEARS

on Sunday, November 6, 2011. A committee is being formed to start planning for a year long celebration. Be a part of the excitement, and contact Penny 781-455-7555 x 204 to express your interest.

FOURTH OF JULY – Needham Style. Plan to support your Senior Center and also the Council on Aging by walking the parade route with the Senior Center van. Call Penny to add your name to the list of those who will participate in the parade.

A NOTE OF THANKS to our volunteers. The staff of the Needham Council on Aging would like to take a moment to recognize all of our valued volunteers. It is your talent, time, and treasure that you donate that makes a world of difference to those who both work and play at the COA. Whether you help out in our office, with our newsletter mailing, teach a program for seniors, or serve on our Board of the Directors or a committee, we appreciate your dedication to your COA. Volunteers are valuable assets to every community, and we are lucky to have your involvement.

MOVIES AT 1:00 PM

Friday, June 6

TOP HAT (1935)

The best of Fred and Ginger, dancing "Cheek to Cheek" to Irving Berlin's words and music. Lucille Ball gets an early part, too.

Friday, June 13

ATONEMENT (2007)

Epic Romantic Drama of love, betrayal and loyalty set in the days leading to World War Two. Keira Knightley and James McAvoy star.

Tuesday, June 17

**ALFRED HITCHCOCK'S
RAY MILLAND**

Former tennis champ Tony Wendice, concocts a plan to kill his rich and philandering wife, Margot Mary (Grace Kelly).

Monday, June 23 and

Tuesday June 24

JANE EYRE, (2007)

"Breathtaking, haunting, beautiful, moody, sumptuous." The best Jane Eyre yet, will be shown in two parts.

Friday, June 27

**THE PHILADELPHIA
STORY (1940)**

Four star "screwball comedy" with Jimmy Stewart, Katharine Hepburn and Gary Grant in a state of matrimonial confusion. Winner of two Academy Awards and four more nominations.

Monday, June 30

COPPELIA (2005)

Videotape of live performance of the Delibes ballet, performed on the stage of the Palais Garnier in Paris

IT'S FRIDAY ENTERTAINMENT LIVE

**WITH THE YOUNG AT
HEART SINGING TRIO**

Friday, June 20th

1:30 pm

Sign up is required.



COUNCIL
ON AGING
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday

THE SENIOR
CENTER
NEWSLETTER
COMPASS
LABELING
AND
COLLATING
NEW TIME

Tuesday, June 17
9:30am

At the Needham
Senior Center

Please join us for a
morning of light work
and good fun, as we get
the newsletter ready for
mailing!

SOSTEK
HOME CARE
617-244-8560
www.SostekHomeCare.com

SHINE UPDATE

MEDICARE: WHERE CAN YOU GO FOR HELP AND INFORMATION?

Medicare Counseling

The SHINE Program (Serving the Health Information Needs of Elders) provides free, confidential health care information, assistance and counseling to elders and other Medicare beneficiaries. Call your local Senior Center for a SHINE appointment. You can reach a SHINE Counselor at 781-453-8076. If you get the SHINE answering machine, leave your name and number. A counselor will return your call as soon as possible.

Prescription Drugs

The SHINE Program can provide information and assistance to help you access your prescription benefits. At MassMedLine, a trained staff of pharmacy professionals will answer your questions about your prescription medicines over the phone (866-633-1617 toll free). They have information about prescription drug programs. For online information, visit the website at www.massmedline.com.

Quality of Care Complaints

MassPRO (Massachusetts Peer Review Organization) is an organization of doctors and nurses who contract with Medicare to review hospital discharge decisions. If a Medicare beneficiary feels that he/she is not ready for discharge, MassPRO can help, 1-800-252-5533.

Medicare Rights

MAP (Medicare Advocacy Project) provides advice and free legal representation to Massachusetts elders and persons with disabilities, whether they are enrolled in Medicare or in a Medicare Advantage Plan. MAP, at 1-800-323-3205.

ASK THE EXPERTS, A CAREGIVER COACHING SERVICE

Wednesday, June 25th • 3:00 - 4:00 pm

At the Needham Senior Center

Are you caring for a person who has Alzheimer's disease or another kind of dementia? There are common situations or behaviors that arise when caring for someone with this kind of illness. If you are feeling frustrated or would just like some tips, help is on the way. You will receive practical tips to help address behavior problems and communication between you and the person for whom you are caring.

BETTER BALANCE CLASS

Wednesdays, 2:30-3:30 pm

At the Needham Senior Center

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost of the 8-week class is \$50.00. To sign-up please call the Senior Center at (781) 455-7555.



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JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Bridge – Men 9:00 Tai Chi Class 10:00 Walking Club: Wellesley 11:30 Monday's Lunch Bunch: Ken's Steak House 11:45 Lunch: Pot Roast or Seafood Salad Sandwich</p>	<p>3</p> <p>9:00 Bridge – Men 9:15 Bridge – Women 9:15 Yoga 10:30 Current Events 10:30 Lunch and Learn: Depression is Not a Normal Part of Aging Lunch: Chicken Noodle Casserole or Ham and Cheese Sandwich 12:30 Healthy Living 12:30 Ping Pong 1:00 Cribbage – Men</p>	<p>4</p> <p>9:00 Bridge – Men 9:00 Keep Well Clinic 10:00 Computer Class: WORD 10:00 Hearts Card Game 10:30 Art History (American Art, 1776-1900) 10:30 Songsters 11:30 Music While You Dine 11:45 Lunch: Roast Pork Or Turkey and Cheese Sandwich 2:30 Better Balance</p>	<p>5</p> <p>10:00 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Lemon Pepper Fish Or Egg Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1</p>	<p>6</p> <p>9:00 Bridge – Men 9:15 Quilting 10:30 Exercise 11:00 Walking Club 11:45 Lunch: Macaroni and Cheese Or Chicken Salad Sandwich 12:00 Computer Lessons 1:00 Movie: Top Hat, 1935 1:00 Board Games</p>
<p>9</p> <p>9:00 Bridge – Men 9:00 Tai Chi Class 10:00 Walking Club: Wellesley 11:45 Lunch: Orange Almond Chicken or Roast Beef and Cheese Sandwich</p>	<p>10</p> <p>9:00 Bridge – Men 9:15 Bridge – Women 9:15 Yoga 10:30 Creative Writing Group 11:45 Lunch: Pasta with tomato sauce Or Turkey Salad on Lettuce 12:30 Healthy Living 12:30 Ping Pong 1:00 Cribbage – Men 1:30 Cribbage – Women 2:30 Friends of Needham Elderly</p>	<p>11</p> <p>9:00 Bridge – Men 10:00 Computer Class: WORD 10:00 Hearts Card Game 10:30 Songsters 11:30 Music While You Dine 11:45 Lunch: Hot Dog or Tuna Salad on Mixed Greens 1:00 Art Course 1:00 Reading Comes Alive: Bleak House 2:30 Better Balance</p>	<p>12</p> <p>10:00 Piano Lessons 10:00 Knitting 10:00 Whist 11:00 Nutrition Talk 11:45 Lunch: Father's Day Special: Soup, Beef Rolandiene with gravy and a baked potato 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1 7:15 COA Board Meeting</p>	<p>13</p> <p>9:00 Bridge – Men 9:15 Quilting 11:00 Walking Club 11:45 Lunch: Baked Fish Chef Salad 12:00 Computer Lessons 1:00 Movie: Atonement, 2007 1:00 Board Games</p>
<p>16</p> <p>9:00 Tai Chi Class 9:00 Bridge – Men 10:30 Father's Day Breakfast 10:00 Walking Club: Wellesley 11:30 Monday's Lunch Bunch: Sherbourne Inn 11:45 Lunch: Roast Pork or Seafood Salad Sandwich 1:30 Gail Rice, Book Review of "Kabul Beauty School"</p>	<p>17</p> <p>9:00 Bridge – Men 9:15 Bridge – Women 9:15 Yoga 9:30 Compass Collating 10:30 Current Events 11:45 Lunch: Pier 17 Fish or California Chicken Salad 12:30 Ping Pong 1:00 Cribbage – Men 1:00 Movie: Alfred Hitchcock's Ray Milland 1:30 Cribbage – Women</p>	<p>18</p> <p>9:00 Bridge – Men 9:00 Keep Well Clinic 10:00 Computer Class: WORD 10:00 Hearts Card Game 10:30 Songsters 11:30 Lunch and Learn: Better Bladder Health 11:30 Music While You Dine 11:45 Lunch: Stuffed Pepper Or Roast Beef and Cheese Sandwich 1:00 Art Course 2:30 Better Balance No Reading Comes Alive Today</p>	<p>19</p> <p>9:15 Triad Meeting 10:00 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Chicken Cacciatore Or Egg Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1</p>	<p>20</p> <p>9:00 Bridge – Men 9:15 Quilting 11:45 Lunch: Beef Stew Or Turkey and Cheese Sandwich 12:00 Computer Lessons 1:30 Entertainment Live: The Young at Heart Singers</p>
<p>23</p> <p>9:00 Bridge – Men 9:00 Pool Tournament Part I 9:00 Tai Chi Class 10:00 Walking Club: Wellesley 11:30 Lunch and Learn: Massachusetts Association for the Blind 11:30 Monday's Lunch Bunch: Blue Ginger 11:45 Lunch: Stuffed Shells or Roast Beef and Cheese Sandwich 1:00 Movie: Jane Eyre, 2007, Part I</p>	<p>24</p> <p>9:00 Bridge – Men 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch: BBQ Pork Rib Or Chicken Patty on a Roll 12:30 Ping Pong 1:00 Movie: Jane Eyre, 2007, Part II 1:00 Cribbage – Men 1:30 Cribbage – Women</p>	<p>25</p> <p>9:00 Bridge – Men 9:00 Pool Tournament Part II 10:00 Hearts Card Game 10:30 Songsters 11:30 Music While You Dine 11:45 Lunch: Chicken Paprika Or Ham and Cheese Sandwich 1:00 Art Course 1:00 Reading Comes Alive: Mrs. Dalloway 3:00 Ask the Experts</p>	<p>26</p> <p>10:00 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: American Chop Suey or Chef Salad 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1</p>	<p>27</p> <p>9:00 Bridge – Men 9:15 Quilting 11:00 Walking Club, Castle Island 11:45 Lunch: Roast Turkey Dinner Or Seafood Salad Sandwich 12:00 Computer Lessons 1:00 Movie: The Philadelphia Story, 1940 1:00 Board Games</p>
<p>30</p> <p>9:00 Bridge – Men 9:00 Tai Chi Class 10:00 Walking Club: Wellesley 11:30 Monday's Lunch Bunch: California Pizza Kitchen 11:45 Lunch: Meatloaf or Chicken Salad Sandwich 1:00 Movie: Coppelia, 2005</p>	<p>CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 www.needhamma.gov</p> <p>Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street</p> <p>Please Note: Items in bold indicate that sign-up is required.</p>			



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AND HOSPITALITY MEET**

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Colleen Schaller

Dan Goldberg

Helen Hicks

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Nina Silverstein

Betsy Tedoldi

Mary Elizabeth Weadock

VISIT US ONLINE AT:
www.needhamma.gov

Read this newsletter in your choice of easy-to-read formats.

FRIENDS OF THE NEEDHAM ELDERLY, INC.

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Needham, MA 02492

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